

KIT LIST



Rucksack / Backpack - To carry your safety items, clothing, food, water and other kit with you when walking. 30-35 litres capacity is a good bet for most people tackling this challenge. **Dry Bags** - we recommend the use of dry bags to keep your kit dry - these come in different sizes and can be used for everything from cameras to jumpers.

Waterproof Jacket & Trousers - These can range from very cheap to very expensive but when shopping, make sure you buy items that are 'waterproof' rather than 'water-resistant' - there's a big difference in a downpour!

Walking Trousers - if you are packing separate waterproof over-trousers to carry in your rucksack, make sure the trousers you are walking in are light-weight and flexible. Trekking trousers/leggings come in all sorts of varieties and materials, but make sure they are comfortable (test them out in advance!).

Walking Boots & Socks - A good pair of walking boots which you've tested out in advance - ensure they fit you well and are comfortable. Each mountain has short sections of rough, steep or bouldery terrain. Boots are like car tyres – don't economise! Spare laces also recommended. Proper walking socks have more padding or reinforcement where needed and are designed to wick away sweat - again, it's a good idea to have tried them out in advance.

Warm Clothes (layers advised) - A technical **baselayer** to wear next to your skin, under your other layers (see below). We advise against cotton as it soaks up water, often rubs, and doesn't dry easily. A synthetic option is a good idea, or if you get cold easily you may want to try wool. **Fleece/Jumper** - a couple more layers to keep you warm, your best bet is to take both thick and thin options.

Hat & Gloves (waterproof advised) - You need to keep your head, hands and neck warm - a hat paired with a buff and some waterproof gloves is ideal. These items are still essential in the summer months, see FAQs below.

Food & Lots of Fluid - We will stop at a shop each day and there'll be chance to purchase items for your packed lunches (it's a good idea to bring a lunch box or dry bag) and snacks, but feel free to bring anything specific that you know could help you through those tough miles. Flapjacks, malt loaf, cereal/energy bars, nuts and dried fruits provide slow release energy without the 'spike and crash' effects of chocolate and energy drinks. In terms of water, most participants find carrying 2-3 litres each day is suitable. We recommend a bladder system for ease of access as you're walking, but water bottles are also fine.

Survival Bag & Whistle - We hope you'll never need these - but they are essential for your safety. Check out our blog on [how to use a survival bag and whistle](#) and see the FAQs below.

Personal First Aid Kit - Whatever personal medication you need, as well as some blister plasters/lip salve/painkillers (hopefully not needed!). All of our walk leaders/guides are first-aid trained.

Head Torch - An essential piece of kit throughout the year and invaluable on this challenge. Please also bring spare batteries or a back-up if rechargeable. This must be a head torch, not the torch on your mobile phone!

Mobile Phone - It's always good practice to have your mobile phone with you when exploring the outdoors, in case of emergency.

Gaiters - These close the gap between your boots and trousers, help keep your feet dry and keep dirt out of your boots.

COMPULSORY (for your other small bag/holdall)

Wash Bag / Toiletries - The majority of accommodation will provide toiletries and towels, so please keep to a minimum. Don't forget your toothbrush though!

Spare Walking Clothes - You won't have the time/facilities to wash and dry your kit each evening, so ensure you have spare trousers and layers. There's nothing worse than having to put on soggy/dirty/damaged kit!

Nightwear/Other Clothes - Something comfy to change in to after returning from your walks.

RECOMMENDED

Entertainment – We will have lots of opportunity to chat and you'll no doubt swap plenty of great stories throughout this experience, you might want a bit of quiet time when travelling. The drives between the peaks are substantial, so bringing along a book or music/headphones is worth considering.

Ear Plugs - These might be useful for sharing a room and/or if you're a light sleeper. There's also handy if you want to try and squeeze in a snooze when in the vehicle.

Walking Poles - Many people find these useful for spreading the effort required to go uphill and reduce joint impact going downhill. It's a good idea to test these out before your Large Outdoors experience though - some people find they take a bit of getting used to! They can be particularly helpful in descent, poles aid balance and reduce the stress on the ankle, knee and hip joints. Slow progress due to joint pain in descent is a frequent problem on National Three Peaks challenges.

Sun Cream - The Great British weather can be changeable and sunburn can occur even on cloudy days - especially at higher altitudes and on/near the sea.

Midge Spray - A bottle in your rucksack can save a walk from turning into a swat/scratch fest if these wee beasties turn up!

Sit Mat - A lightweight, foldable, and waterproof mat that helps you stay dry and comfortable if you need to sit on wet ground for lunch or a break.

Travel/Neck Pillow – We try to keep each drive length to a minimum and you will have a cosy bed each night to recharge, but if you think a snooze whilst travelling might be required, then a travel pillow might make this more comfortable.

